



### 3. Lüneburger Heide Staffellauf und Ultra-Marathon Lüneburg / 18.06.2022

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Laufmaschine

□□□: 13:25:39

□□: 208

□□: 7.45 km/h

□□□□: 08:03 min/km

□□: 100.00 km

□□□□□/□□□: 9 (of 11)

2-er-Staffel

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□□□□□□: 9:18:35

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2er Staffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Südergellersen	10.30	1:08:52	6:41	9	18:29	9	18:29	10.30	1:08:52	6:41	9	18:29	9	18:29
Amelinghausen	13.80	1:34:18	6:49	7	27:25	7	27:25	24.10	2:43:10	6:46	10	45:54	10	45:54
Schwindebeck	9.40	1:21:42	8:41	8	34:50	8	34:50	33.50	4:04:52	7:18	10	1:20:44	10	1:20:44
Bispingen	8.90	1:26:45	9:44	10	40:46	10	40:46	42.40	5:31:37	7:49	10	2:01:30	10	2:01:30
Overhaverbeck	10.80	1:47:34	9:57	10	45:03	10	45:03	53.20	7:19:11	8:15	10	2:39:31	10	2:39:31
Undeloh	6.90	43:28	6:17	6	13:21	6	13:21	60.10	8:02:39	8:01	11	2:47:59	11	2:47:59
Egestorf	9.20	1:07:49	7:22	4	24:33	4	24:33	69.30	9:10:28	7:56	10	3:05:51	10	3:05:51
Salzhausen	10.70	1:26:28	8:04	8	35:13	8	35:13	80.00	10:36:56	7:57	10	3:30:14	10	3:30:14
Südergellersen	10.90	1:34:15	8:38	7	34:46	7	34:46	90.90	12:11:11	8:02	10	3:48:58	10	3:48:58
Sülzwiesen	9.10	1:14:28	8:10	8	25:32	8	25:32	100.00	13:25:39	8:03	9	4:07:04	9	4:07:04